



Obituary Bob Beningfield



Obituary It is my sad duty to inform the membership of the death of Bob Beningfield. Marion his wife, wrote that Bob died peacefully on Easter Sunday after a long illness. If memory serves me right Bob came to the club in the mid 1970's from a background with Frenford Youth Club. He was a friendly upright character who made an important positive contribution to the club. He liked to reminisce over a pint. He loved to compete in the pole vault. He was ranked 17th best ever in the club rankings with a height of 3m 10cm and ranked 3rd as a vet., clearing 3m dead. He regularly represented the club in the pole vault at league meetings and was always prepared ...[Read more](#)

[Press Report 18th May 2021](#)



Reunion 5k Kempton Park Saturday 15th May Saturday's event was part of the Governments Events Research Programme aimed at kick starting the return of mass participation events. All runners and spectators had to take a lateral flow test 2 days before the event, as well as a PCR test on the morning of the event and another the day after. 3 Ilford AC athletes took part in the 5k race at Kempton Park racecourse, where the going was good to firm. First past the post for the trio was Dennis Briggs who galloped home in a time of 20:37 for a personal best. Gaye Young also had a good run finishing just 3 seconds outside her PB with a time of 22:52. Nicola Chester had ...[Read more](#)

[Press Report 4th May 2021](#)





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Ted Pepper Memorial off road 10k Bromley Monday May 3rd 2021 Bank Holiday Monday saw Ilfords Ex England International runner Andy Catton venturing down to Bromley for the Ted Pepper Memorial off road 10k. Race also doubled as the Southern Vets AC champs. An interesting one lap course, more grass and cross country than trail but pretty flat and at least with a bit of shelter from the chilly wind. Starting in waves of 15 Andy off to a good start but rather overcooked the first 5k going through in 22.20. The wheels then came off a bit at 8k due to his lack of race fitness but he managed to hold on for a pretty pleasing 46.18, which earned him the SCVAC M65 Gold Medal. Doddington ...[Read more](#)

[Ilford AC Press Report 27th April 2021](#)



Five intrepid Ilford AC middle distance runners competed at a local open meeting over various distances. Conditions on the day were cold and windy, which in theory meant times would be slower, however the Ilford squad proved otherwise. First up Joseph Grange (13) ran in the 1500m A race against numerous local rivals. Joseph finished in 6th place achieving a new PB of 4:33.90. Joseph's dad and club team mate won the 600m later in the day setting a M40 British best time for 2021 of 1:23:88. Windy conditions did not stop Dylan Harrod from running a very fast U20s time of 1:31:26 placing 3rd.. Next up was two club teammates Jak Wright elder brother to Joseph and Bradley Deacon both trying their ...[Read more](#)

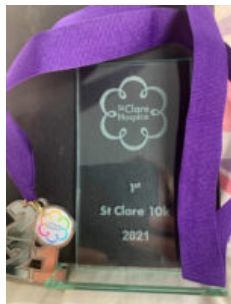
Ilford AC Press Report 20th April 2021



Essex Half Marathon Debden Sunday 18th April 2021 On Sunday club stalwart, Terry Knightley, was the sole Ilford AC representative at the Essex Half Marathon at Debden disused airfield in Saffron Walden in Essex. Over a three lap course around the old airfield designed in the shape of an aeroplane, Terry smashed the 26 Year Old Male Veteran Over 60 Club record by 1 minute and 13 seconds that was held previously by Ilford AC Great, Gerry Pells. Terry recorded a new Ilford AC Club MV60 record time of 1 Hour and 28 minutes and 31 seconds to finish 54th Overall in the race out of 256 runners that incorporated the socially distanced 'Rolling' Start. All finishers received a superb commemorative medal. [Read more](#)



Ilford AC Press Report Monday 12th April 2021



VAC Masters 5km Wimbledon Park Sunday 11 April The Veterans Ac organised a 5km masters b road race in and on the roads around Wimbledon Park which included a steep incline after a mile. The race had an interesting entrant, Andy Muray – not the famous tennis player but a runner from Dulwich. Tony Young and Rob Sargent from Ilford Ac entered the event and Tony produced a good performance finishing 49th in 21 mins 39 secs beating his previous personal best by 39 seconds. Rob placed 78th and was the 4th in the M65 age category to finish in 26 mins 17 secs. Blackheath and Bromley Open Bromley Sunday 11 April Three Ilford athletes represented the club at the Blackheath and Bromley open meeting on Sunday. First ...[Read more](#)

Ilford AC Press Report Tuesday 6th April 2021





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Chingford League Redbridge Cycle Track Monday 5th April 2021. The Chingford League continues to pull out all the stops to get races on during these difficult times and on Easter Monday a series of races, to abide by current social distance measures, was held at the Redbridge cycle track. Ilford AC competed in the first race of the day at 12:10 and were up against Barking Roadrunners, Trent Park and Harold Wood. Despite challenging hills and cold wet weather Ilford AC athletes provided 28 of the 97 runners who took on the challenging 5k course. Ilford runners after months of no competition put in a great performance on the day placing 1st and 2nd and having 7 runners in the top 10 Paul Grange put in a ...[Read more](#)

[Ilford AC 2021 AGM 22 March](#)



Message from General Secretary Having been forced to hold an “emergency” EGM/AGM last year and regrettably still being unable to have a “physical” meeting the committee proposes a virtual AGM this year. Notice as attached. Anyone wishing to participate in this meeting (on Microsoft Teams) please notify me at ilfordacsec@gmail.com before the 22nd so I can send you the link. Any items for discussion under any other business and any nominations (with detailed reasons and a seconder) for Life Membership to be notified to me by 15th March. Similarly if anyone wishes to be nominated and seconded for a committee role or honorary position (as per the attached list) also send to me by 15th March. In absence of any other nominations the persons ...[Read more](#)

[Happy 80th Birthday John Batchelor](#)



On Saturday club legend John Batchelor celebrated his 80th birthday. His daughter secretly had a special cake made reflecting his interests – and John thinks she got it spot on! The lettering on the side of the cake is the Periodic Table of the Elements as John was a chemistry researcher [Read more](#)

[BILL GARRETT R.I.P.](#)



BILL GARRETT R.I.P. Ilford AC members are mourning the passing of popular former race walker Bill Garrett, who turned out for the Cricklefields-based Club between the mid-70s & mid-90s. Never a leading light, Mr. Garrett was a good solid back-up walker who could be relied on. Twice he closed home winning Ilford teams in Southern Area 50 Kilometres' Championships, on both occasions around a bleak deserted Basildon industrial estate. On a more popular course around Battersea Park's Queen's Carriageway he was the Club's 3rd scoring finisher (of 4) when winning a Southern Area 10 Miles' Championship so claiming the



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coveted “Garnet Cup”. He was proud when awarded race walking’s 10 kilometres-in-an hour badge, achieved in an Essex County AA 10,000 metres championship ...[Read more](#)

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